



# HealthierUS School Challenge Application General Information

## Tips for Completing Application:

- Submit the application in a 3-ring binder.
- **Multiple schools applying in one District** that use the same menu and the same foods, may submit one 4-week lunch menu, one set of menu worksheets, and one set of recipes, food product ingredient statements, and/or Nutrition Facts Labels. However, each school must have their own cover sheet, application form, review committee verification form, food production records, competitive foods worksheet that includes a la carte information and vended items (unless they are the same throughout the district), nutrition education and physical education/activity worksheets, as well as school policies and practices checklist and wellness policy (unless it is a district policy).
- Provide details in a Cover Letter, if you use the Alternative Menu Planning Approach.

## Application Navigation Tips:

1. To adjust the viewing size of the application on your screen, use the zoom box at the top of Adobe Reader; 75% to 100% often works well.



2. Save your work on your hard drive often.
3. For technical assistance regarding the HUSSC criteria please contact your state agency.
4. For technical assistance regarding the interactive HUSSC forms please contact HMRS@ars.usda.gov.

## Application Guidance and Menu Development Resources:

- [Award Comparison Chart](#)
- [Fact Sheets for Healthier School Meals](#)
- [Frequently Asked Questions](#)
- [Guidance on Vegetables, Dry Beans and Peas](#)
- [HealthierUS School Vision](#)
- [Tips for States](#)
- [Whole Grains Resource](#)



Food and Nutrition Service (FNS)  
**HealthierUS School Challenge**  
Recognizing Excellence in Nutrition and Physical Activity

**Application Cover Sheet**

Application for:                      Bronze Award                      Silver Award

School Name

School District

School Address

City

State

Zip

Grades in School      K      1      2      3      4      5      6      7      8

Contact Person's  
Name and Title

Contact Person's  
Phone Number  
& Email

Date Submitted to  
State Agency

You must have Acrobat Reader 8.0 or above to save forms

**State**

**Reminder  
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Approved by State Child Nutrition Director: \_\_\_\_\_

Signature

Date

**Regional Office**

FNS Region \_\_\_\_\_ Reviewed by: \_\_\_\_\_

Approved by Child Nutrition Director : \_\_\_\_\_

Signature

Date

**FNS Headquarters**

Application received HQ \_\_\_\_\_

Reviewed by \_\_\_\_\_

Decision/Date \_\_\_\_\_

Award period \_\_\_\_\_



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

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# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

### Application for Bronze or Silver Award



#### Bronze / Silver Award Criteria

YES

NO

**1. Are you a Team Nutrition School?** (Include print out of Team Nutrition verification from Team Nutrition website:  
<http://teamnutrition.usda.gov/schoolsdb/srchpage.asp>)

**2. If applicable, have all corrective actions from your school's most recent School Meals Initiative (SMI) been completed?**

**3. Are all lunches submitted in this application reimbursable?**

**4. Do your reimbursable lunches meet or exceed the criteria in the worksheets?** (Include forms on pages 5-8 and documentation for menus served.)

**5. Is nutrition education provided to students in multiple grades and does it meet or exceed the criteria in the worksheet?** (Include worksheet on page 9.)

**6. Is the opportunity for physical education/activity provided to students, that meets or exceeds the criteria in the worksheet?**  
(Include worksheet on page 10.)

**7. Is your student Average Daily Participation (ADP) for reimbursable lunches 62% of enrollment or higher for Bronze and 70% of enrollment or higher for Silver? List ADP:                      month/year:**

**8. Does your school serve/sell a la carte foods or have foods or beverages available in vending machines in the school cafeteria and/or other designated school meal area during meal periods? If yes, do these foods and beverages meet the competitive foods criteria listed in the worksheet?** (Include printouts from online calculator, food product ingredient labels, Nutrition Facts Labels and/or recipes.)

**9. Does your school meet the School Policies and Practices criteria listed on page 12 of this application?** (Include worksheet on page 12.)

The State Agency and FNS reserve the right to verify all information on the application and reject applications that are incomplete or otherwise fail to provide factual information.



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet

Bronze Award

Silver Award

Dates Week 1 Menu served:

Week 1			
Menu Planning Approach			
LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
<b>Vegetables:</b> Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Dark green or orange vegetables:</b> Offer dark green or orange vegetables on 3 or more days per week. All must be at least ¼ cup servings size. <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Cooked dry beans or peas (legumes):</b> Offer at least once a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fruits:</b> Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fresh fruit:</b> Offer fresh fruit at least 1 day a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Whole grain foods:</b> Offer whole grain food at least 3 days/week, and may not be the same one each day. <a href="#">more info.?</a>	M T W T F	M T W T F	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO

2. Students should have the opportunity to select a reimbursable meal that meets all of the HUSSC menu criteria. If your school menu offers multiple choices, please explain:

3. Does this week's menu meet the HUSSC menu criteria? YES NO

School

**Reminder  
Save  
Your  
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Bronze Award / Silver Award Application 4

Please check when this page is completed.

# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet

Bronze Award

Silver Award

Dates Week 2 Menu served:

### Week 2

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
<b>Vegetables:</b> Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Dark green or orange vegetables:</b> Offer dark green or orange vegetables on 3 or more days per week. All must be at least ¼ cup servings size. <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Cooked dry beans or peas (legumes):</b> Offer at least once a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fruits:</b> Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fresh fruit:</b> Offer fresh fruit at least 1 day a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Whole grain foods:</b> Offer whole grain food at least 3 days/week, and may not be the same one each day. <a href="#">more info.?</a>	M T W T F	M T W T F	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO

2. Students should have the opportunity to select a reimbursable meal that meets all of the HUSSC menu criteria. If your school menu offers multiple choices, please explain:

3. Does this week's menu meet the HUSSC menu criteria? YES NO

School

**Reminder  
Save  
Your  
Work!**

Bronze Award / Silver Award Application 5

Please check when this page is completed.

# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet

Bronze Award

Silver Award

Dates Week 3 Menu served:

### Week 3

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
<b>Vegetables:</b> Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Dark green or orange vegetables:</b> Offer dark green or orange vegetables on 3 or more days per week. All must be at least ¼ cup servings size. <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Cooked dry beans or peas (legumes):</b> Offer at least once a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fruits:</b> Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fresh fruit:</b> Offer fresh fruit at least 1 day a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Whole grain foods:</b> Offer whole grain food at least 3 days/week, and may not be the same one each day. <a href="#">more info.?</a>	M T W T F	M T W T F	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO

2. Students should have the opportunity to select a reimbursable meal that meets all of the HUSSC menu criteria. If your school menu offers multiple choices, please explain:

3. Does this week's menu meet the HUSSC menu criteria? YES NO

School

**Reminder  
Save  
Your  
Work!**

Bronze Award / Silver Award Application 6

Please check when this page is completed.



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

Lunch Menu Worksheet

Bronze Award

Silver Award

Dates Week 4 Menu served:

### Week 4

LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPT.)
<b>Vegetables:</b> Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Dark green or orange vegetables:</b> Offer dark green or orange vegetables on 3 or more days per week. All must be at least ¼ cup servings size. <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Cooked dry beans or peas (legumes):</b> Offer at least once a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fruits:</b> Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Fresh fruit:</b> Offer fresh fruit at least 1 day a week (at least ¼ cup serving size). <a href="#">more info.?</a>	M T W T F	M T W T F	
<b>Whole grain foods:</b> Offer whole grain food at least 3 days/week, and may not be the same one each day. <a href="#">more info.?</a>	M T W T F	M T W T F	

1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? YES NO

2. Students should have the opportunity to select a reimbursable meal that meets all of the HUSSC menu criteria. If your school menu offers multiple choices, please explain:

3. Does this week's menu meet the HUSSC menu criteria? YES NO

School

**Reminder  
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Bronze Award / Silver Award Application 7

Please check when this page is completed.





# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

### Nutrition Education Worksheet

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Grades in which nutrition education is provided:

K      1      2      3      4      5      6      7      8

Is nutrition education offered in at least half of the grades?      Yes      No

**Briefly describe how nutrition education is provided to students in multiple grades and:**

- Is part of a structured and systematic unit of instruction such as MyPyramid lessons from Team Nutrition (explain below)
- Involves multiple channels of communication, including the classroom, cafeteria, and home/parents (explain below)

Grades	Description of Nutrition Education Efforts
--------	--



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

### Physical Education/Activity Worksheet

Grades in which physical education classes are provided:    K    1    2    3    4    5    6    7    8

#### Physical Education

Does your school offer physical education classes to *all full-day* students throughout the school year?      Yes      No

Do the physical education classes cover a minimum average of 45 minutes per week?  
Yes      No

#### Physical Activity

Grades	List the average number of minutes/week that physical education is provided throughout the school year for each grade checked above.	Describe any additional daily physical activity opportunities provided to students (such as recess). Indicate time allotted for any routine activities.
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# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

### Competitive Foods Worksheet

Does your school sell/serve a la carte or extra foods or beverages during meal periods in the food service area(s), including vending machines or a school store, in competition with school meals?

Yes      No

**If YES, go to the online HUSSC Competitive Foods Calculator to determine if the food and beverages sold as competitive foods meet the HUSSC criteria. Print out results from the Calculator and include with product ingredient labels, Nutrition Facts Labels and/or recipes for each item in the application.**

**If this is a school made product please submit the recipe with the application.**

Exempt from competitive foods criteria: Second servings of entrees on the reimbursable lunch menu for the day.

<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>

Calculator formulas <http://teamnutrition.usda.gov/HealthierUS/index.html>



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity



### School Policies and Practices Checklist

School Policies and Practices		YES	NO
<b>Fundraising</b>	1. Are primarily non-food items sold through school fundraising activities? 2. Do food items that are sold during the school day meet the guidelines for competitive foods?		
<b>Physical Activity</b>	Does your school demonstrate a commitment to neither deny nor require physical activity as a means of punishment? (For example, students who misbehave are not denied recess.)		
<b>Nutrition</b>	Does your school demonstrate a commitment to prohibit the use of food as a reward? (For example, teachers do not offer candy as a reward to students for good behavior, or for the completion of an assignment.)		
<b>Wellness Policy</b>	Does your school have an approved Wellness Policy included in this application?		

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# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity

### Review Committee Verification Form



**Please read the following statement and sign below if you agree:**

We have reviewed this application, and we agree that our school meals are healthy and appealing to our students. We attest to the accuracy of the information provided, including the criteria for school policies and practices specified on page 11 of this application. We agree to maintain the nutrition excellence and physical education/activity standards and procedures indicated in this application for the duration of our certification as Bronze or Silver awardees. Furthermore, we agree to cooperate with USDA and other organizations upon request to publicize our efforts.

**Foodservice Manager's Name**

**Signature**

**Date**

**Team Nutrition Leader's Name**

**Signature**

**Date**

**SFA Director's Name**

**Signature**

**Date**

**Representative of the School's Parent Organization**

**Signature**

**Date**

**Physical Education/Health Teacher's Name**

**Signature**

**Date**

**Principal's Name**

**Signature**

**Date**

**Please submit your completed application and documentation to your State Child Nutrition Agency.**

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Public reporting burden for this collection of information is estimated to average 3 hours per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Services, Office of Research and Analysis, Room 1014, Alexandria, VA 22302 ATTN: PRA (0584-0524). Do not return the completed form to this address.



# HealthierUS School Challenge

## Recognizing Excellence in Nutrition and Physical Activity



### Application Check-off Sheet

Please include the following information in your Application:

Page	Form	Completed
1 .....	Cover Sheet	
2 .....	Table of Contents	n/a
3 .....	Application for Bronze/Silver Awards	
4 .....	Week 1 Lunch Menu Worksheet	
5 .....	Week 2 Lunch Menu Worksheet	
6 .....	Week 3 Lunch Menu Worksheet	
7 .....	Week 4 Lunch Menu Worksheet	
8 .....	Nutrition Education Worksheet	
9 .....	Physical Education/Activity Worksheet	
10 .....	Competitive Foods Worksheet	
11 .....	School Policies and Practices Checklist	
12 .....	Review Committee Verification Form	
13 .....	Application Check-off Sheet	n/a

**Please submit the following additional documentation:**

Copy of the School Wellness Policy and Team Nutrition Verification

Monthly menus for reimbursable school lunches served in your school (Menus must reflect four consecutive weeks where each week has at least three days and the total number of days over the 4-week menu is 16 days or more. For example: 3 days week 1; 3 days week 2; 5 days week 3; 5 days week 4 = 16 days)

Production records for the 4 weeks

Documentation including recipes, food product ingredient statements, and/or Nutrition Facts labels to verify that the criteria have been met for the following: Whole-grain products; A la carte, snack bar, and vended items sold anytime, anywhere on the school campus.

**Thank you for applying for the HealthierUS School Challenge.**

**For more information, visit the Team Nutrition Website: [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)**